

The Newtown CHAT is the result of a partnership between CHIP and Newtown Front Porch, who brought together community members, organizations, businesses and health care providers committed to working together in the common goal of building a healthy, active Newtown.



Sarasota County
Health and Human
Services Business Center

The Newtown Community Health Action Team welcomes all persons, businesses and organizations, who live or work in Newtown to be a part of the "action". Joining is as simple as attending a CHAT meeting, or by participating on one of our committees. Through the passion and commitment of our members, the CHAT is making a difference in our community.

www.CHIP4Health.org/newtown.htm

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**Our Community Health Depends
Upon Our Community Voices...**

Newtown CHAT

Community Health Action Team



**Helping Build
a Healthy,
Active Newtown**

Newtown Community Health Action Team

The Newtown CHAT believes in the ability of community members to create positive and healthy change and action in Newtown. We have identified opportunities to address our high rate of diabetes, high blood pressure and obesity in our community through the resources and skills already in the community. Building strong partnerships between residents, providers, and local government, the result can be a healthier Newtown with a strong sense of community.

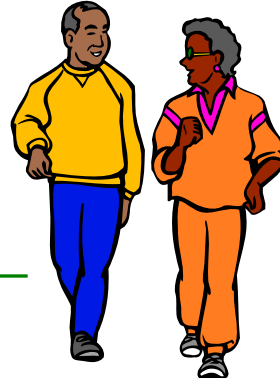
HEALTHY FOOD

The Newtown CHAT is exploring ways to bring more healthy vegetables and fruits into the community. Working with local master gardeners and the County Extension office, they hope to

improve access to fresh foods which are both grown in



the community by local farmers. They are also examining ways to instill the importance of fresh foods in the diet of our community's youth. This includes supporting programming which teaches healthy food preparation and teaching youth gardening skills.



ACTIVE LIFESTYLE

Exploring ways to build a community which encourages and supports residents to have an active lifestyle, is another way the CHAT is working to reduce health concerns. The first project the CHAT has initiated in this area is a monthly community walk. The walk held the 3rd Saturday of each month beginning at Fredd "Glossie" Atkins Park, provides the community with the opportunity to



begin and maintain a regular walking program. Another walk with youth occurs on the 4th Thursday of each month, starting at the community center. The CHAT would like to see walking groups formed throughout the community as a result of its focus on the benefits of walking.

CONNECTIONS

Newtown has wonderful programs and events happening regularly. But, like many communities, residents are not always well informed of them. The Newtown CHAT developed and is maintaining a community calendar, helping keep residents informed, while assisting providers identify additional opportunities to serve the community. Building a healthy and active community requires strong community connectivity.